Insane, hippy, tree hugger, all words commonly used to describe the vegan lifestyle.

Little does “meat heads,” or people that eat meat, know is that the vegan lifestyle is not all that crazy.

Vegans choose to abstain from eating meat or any animal byproducts. This includes fish, eggs, milk, cheese, or any other product that uses animal products in their ingredients.

I am here to expose the truth behind the “Veg-heads” desire to stray from the pack and deny the temptations of animal products.

Vegans actually are not crazy, matted hair, tie-dye wearing, hacky sack playing, hippies you see walking in the park. They are so much more than that.

Vegans are more akin to the likes of superheroes and investigators. With their fine knowledge of the ingredients of every food imaginable, their immense power to fight temptation, and their ability to uncover new and innovative methods for meals, vegans are the undercover conquerors of the food groups.

Vegans can be easily spotted checking every single label in the aisles of the grocery store, or growing their own fruits and vegetables to feed their massive intake of fresh produce.

“I like being a vegan. It is not that hard once you really try. The only issue I ever have is when I have to eat out at a restaurant,” said senior vegan Eva Moore.

The vegan life is not all that easy as it may seem, however. In order to make any type of food vegans must find alternative ingredients to substitute for the staples, such as milk and eggs.

“I drink a lot of soy milk,” said Moore.

Almond and soy milk are good alternatives to the evil cow milk, and eggs can easily be substituted with a flax seed concoction or store made egg substitutes. Some health store even carry “Veganaise,” the vegan alternative to mayonnaise.

Meat and protein can easily be substituted with products such as tofu, tempeh, and all kinds of nuts.

The most difficult issue facing vegans, however, is Iron. That pesky little element that helps your blood clot, which humans get mainly from animal products, vegans are in short supply of.

Vegans face medical issues like anemia due to their lack of Iron intake.

Does that stop them? No. Vegans are fighters and innovators; they find a way through all obstacles.

The lack of Iron can be easily combated with a daily vitamin and the temptations from all the tasty foods that are not allowed in the vegan lifestyle are easily put to rest.

Some may attribute this will power to insanity, but the truth is vegans are simply strong individuals with a desire for healthy lifestyles and rights for innocent animals.